



Pleasantries

Reading Senior Newsletter

www.readingma.gov/elder



March 2015

Elder / Human Services

16 Lowell St.
781-942-6608
Fax 781-942-9071
M, W, & Th. 7:30 - 5:30 p.m.
Tuesday 7:30 - 7:00 p.m.

Pleasant Street Center

49 Pleasant St.
781-942-6794
Fax 781-942-9034
Mon. - Fri. 8:30 - 4:00 p.m.

Elder/Human Administrator

Jane Burns
781-942-6658

Clerk

Ann Gentile
781-942-6608

Pleasant Street Center

Coordinator
Sharon Thomas
781-942-6796

Social Services

Kerry Valle 781-942-6659
Melissa Koster 781-942-6680

Van Driver

Joe Beninati

Council on Aging

Thomas Procopio, Chairman
Kevin Walsh, Vice Chairman
Erica Deane
Margaret Havey
Sally Hoyt
Steve Oston
John Parsons
Sandra Shaffer
Marilyn Shapleigh
Jolyn Ek, Associate
Brian Snell, Associate

According to the Massachusetts Healthy Aging Report nearly 30% of Reading seniors over age 65 have Glaucoma. On March 26, Dr. Ambika Hoguet, physician at the Massachusetts Eye and Ear Infirmary (MEEI) and an instructor at Harvard Medical School, will be speaking at the Pleasant Street Center about Glaucoma the symptoms and treatments. Dr. Hoguet will also be available to answer questions. Please join us at noon on the 26th for this important presentation. Lunch is served at noon and the presentation is at 12:30. Lunch reservations are available by calling (781) 942-6794.

Don't like driving around the snow banks? Keep in mind we have complimentary van transportation, see page 6 for the schedule.

SPECIAL EVENTS



Body & Brain Flexibility, Tuesday, March 3, 10:30 - 11:30

Games on the Big Screen, Thursday, March 5, 1:00

Games Games Games, Wednesday, March 11, 3:00 - 5:00

Senior Matinee, Stoneham Theatre (bring a friend day!):

That Hopey Changey Thing, Weds. March 11, 2:00 pm:

Learn About the Benefits of Reiki, Thursday, March 12, 10:15

Movie Day: Saving Mr. Banks, Thursday, March 12, 1:00- 3:00

Diabetic Shoe Clinic, Monday, March 16, 1:00

St. Patrick's Day Special Lunch, Tuesday, March 17, Noon

Movie Day: Maleficent, Thursday, March 19, 1:00

Not Too Stuffy Book Club, Thursday, March 19, 1:00 - 2:00 (see page 7)

Birthday Lunch, Monday, March 23, Noon

Hearing Tests, Tuesday, March 24, 10:00 - 12:00

Lunch 'n Learn: Mass Eye & Ear—Glaucoma, Thursday, March 26, noon

See page 2 for a full description



IMPORTANT SYMBOLS

Registration Required
and Free Transportation
781-942-6794

Reservations start

Feb. 24 Please call by noon at least **two** days before the event. Cancellations after 4:00 p.m. - leave a message.

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MONTHLY ACTIVITIES



Fix It:- Leave the lamp at the reception desk any day. You only pay for parts.

Body & Brain Flexibility - Tues., Mar. 3, 10:30 – 11:30 5 week Session. Learn skills to enhance memory and coordination and have fun! Classes are gentle and effective, designed for all abilities and especially for those who are new to yoga. \$5 drop in.

"New" Games on the Big Screen - Thurs., March 5, 1:00. Wii Games – "\$10,000 Pyramid" and "Who wants to be a Millionaire" Refreshments provided.

Fuel Assistance - Tues., March 10 - 9:00 - 12:00, Help with applying for Fuel Assistance located at **Town Hall, 16 Lowell Street, Lower Level**. This assistance will continue until May 2015. Fifteen minute appointments may be made by calling (781) 942-6608.

Senior Matinee at Stoneham Theatre (bring a friend day!), That Hopey Changey Thing - Weds. March 11, 2:00 pm: Election Day 2010, and the Apple family gathers for dinner. On the menu is a discussion of everything from Sarah Palin to the best way to de-skunk a dog. **Purchase 1 ticket for \$30 get one free.** After the performance the cast will be available for questions. Checks payable to the Stoneham Theatre are due to the Receptionist by March 3rd.

Games Games Games - Weds., March 11, 3:00 - 5:00 the RMHS National Honor Society will host a fun and free game afternoon. Come play some of your favorite board games and enjoy the company of your friends and RMHS volunteers! Games and snacks will be provided!

Movie Day: Saving Mr. Banks, Thurs., March 12, 1:00 . When Walt Disney sets his sights on obtaining the rights to the children's classic "Mary Poppins," he reaches out to the book's author, P.L. Travers, only to find that she proves a tough nut to crack.

Benefits of Reiki, Thurs., March 12, 10:15 Reiki Teachers Elise Brenner and Judy Bousquin will introduce you to this gentle practice that facilitates healing, promotes mindfulness, and supports personal growth. Reiki complements any form of medical treatment, and is beneficial to people of all ages and backgrounds. You will have the opportunity to experience a sample treatment.

Diabetic Shoe Clinic! Monday, March 16, 1:00 – 4:00, Is Medicare your Primary Insurance? If so, you are eligible to receive a pair of diabetic shoes and inserts at little or no cost to you! **Sign up for your 10-Minute appointment at the front desk! You will need to pick up a form to bring to your doctor**

St. Patrick's Day Special Lunch - Tuesday, Mar. 17 - Noon. Entertainment by Jim Moses with Irish Music

Movie Day: Maleficent, Thurs., March 19, 1:00 . Turning the classic fairy tale "Sleeping Beauty" on its head, this fantasy drama retells the story from the point of view of evil godmother Maleficent. While defending her homeland from invaders, the young Maleficent is dealt a cruel blow by fate. Starring Angelia Jolie

SHINE (Serving Health Insurance Needs of Elders): Fri., - Mar. 20 - 10 :00 - 2:00. Call for an appointment 781-942-6794

Birthday Lunch: Mon., Mar. 23 - Noon, Come celebrate your birthday – if it is the month of your birthday you will receive a free gift and your lunch is free. Bring your friends to celebrate with you – suggested donation for lunch if not your birthday month is \$2.00

Hearing Tests: Tuesday, March 24, 10:00 - 12:00 Are you having difficulties hearing your loved ones? Come have your hearing screened by the Hearing Care Practitioner. Walk-ins welcome, registration preferred.

Lunch 'n Learn Thursday, March 26, Lunch at 12:00, Learn at 12:30 **Glaucoma Awareness Presentation** with Dr. Ambika Hogue. Dr. Hogue is an attending physician at the Massachusetts Eye and Ear Infirmary (MEEI) and an instructor at Harvard Medical School. She is a glaucoma specialist and specializes in glaucoma and cataract surgery.

Lunch is Served: Noon. Sponsored by Mystic Valley Elder Services. Suggested donation of \$2.00 (under age 60, \$3.50). Reservations required.

GAME WINNERS!

Bingo winners for January- Silvana Leone and Pauline Teixeira (twice)

Trivia Snowfall predication – Edward Toland
Trivia Super Bowl closest score – Maureen McKeown

CLASSES, CRAFTS & GAMES

Art Lessons with Steve Greco: Tuesdays, 9:30 – 12:00
2 ½ hours for \$10.00. Steve will teach any medium 

Klickity Klack (Knitting Group): Wednesdays, 9:30 - 11:00 Arts & Crafts Rm. New knitters welcome. 

Painting Group: Fridays, 10:00 - 12:30 (No Van)

Computer Classes: Learn to use email, send pictures, use the internet. Bring your own laptop if you want.

Wednesdays with John Walsh 10:00 – 11:00 

Tuesdays/Thursdays with Ethan - 1:00 - 2:00

Cribbage: Mondays, 1:00 - 3:00

Bingo: Tuesdays 1:00—2:30 (starts at 1:15 on Mar. 17) 

Billiards: (No van) Wednesdays, 10:00 - 11:15

Pool table is available Monday - Friday

Games on the Big Screen: Thursday, Mar. 5 - 1:00

MAH JONGG: Thursdays, 12:30 - 3:30

Chess: Fridays, 1:00 - 3:00 (No van).

Party Bridge: Fridays, 12:45 - 3:15 \$1.00 to play, New Players Welcome. (No Van).

FITNESS

Mondays:

- **Yoga**—11:00 -12:00 , 5 weeks for \$50 or \$11 for drop-in
- **Zumba Gold:** Kelli on Mon 9:15 - 10:15 - Drop-in \$5
- **FOREVER 49" -Tai Chi, Chi Gong,** weight lifting, and more. 1:30 - 2:30 \$40 for the month or \$10 for Drop-ins. , **FIRST CLASS FREE** March 2.

Tuesdays:

- **Motion to Music - 9:00 - 10:00.** \$20/month; \$15/month - any 5 classes during the calendar month. Drop-ins \$4

Wednesdays:

- **Zumba Gold:** Cindy on Weds 9:15 - 10:15 - Drop-in \$5
- **FOREVER 49" -Tai Chi, Chi Gong,** weight lifting, and more. 1:30 - 2:30 \$40 for the month or \$10 for Drop-ins.


Thursdays:

- **Motion to Music - 9:00 - 10:00.** \$20/month; \$15/month - any 5 classes during the calendar month. Drop-ins \$4

Fridays:

- B.E.S.T. - Balance, Energy, Strength, Training**
- 9:00 - 10:00 Lounge. Drop-in \$3/Session.

PLEASANT STREET SPA

Roberta Our Hairdresser—Mon., Mar. 16 - 9:30 – 1:00
by appointment call (781) 245-6605 

For manicures & chair massage please call the Pleasant Street Center (No Van Service)

Chair Massage - Thursdays, March 5, 19 & 26, 9:00 - 11:45, Receive a 15 minute chair massage for only \$8.

Manicures - will be back in April

SPACE FOR SALE

Great Medium to Reach the Senior Citizens!

CALL 603-601-8047

Email: seniornewsletter@aol.com

OR WRITE TO:

**SENIOR NEWS PUBLICATIONS,
7 PHILBROOK TERRACE, HAMPTON, NH 03842**

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**643 Main Street
Reading, MA 01867-3096**

(781) 942-4400



Seniors may be eligible for a full membership at no additional cost through your Silver Sneakers program!

Snap Fitness

484-334-2262

**46 Haven St. Reading, MA
www.snapfitness.com/reading**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:15 Zumba 11:00 Yoga 11:30 Blood Pressure 12:00 Lunch 1:00 Cribbage 1:30 Forever 49 - Tai Chi</p> <p>Cheese Lasagna or Breaded Chicken Patty</p>	<p>3</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:30 Body & Brain Flexibility 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan 6:00 Caregiver Support Group Roast Pork or Tuna Salad Sandwich</p>	<p>4</p> <p>8:45 Neighborhood Grocery Shopping 9:15 Zumba 9:30 Klickity Klack 10:00 Billiards 10:00 Computers w/John 12:00 Lunch 1:30 Forever 49 - Tai Chi 1:00 Downtown Errands, Library, Grocery Shopping Chicken Creole or Ham/Swiss Cheese Sandwich</p>	<p>5</p> <p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:00 Chair Massage 12:00 Lunch 12:30 MAH JONGG 1:00 Games on the Big Screen 1:00 Computers w/Ethan 1:00 Walmart Beef stroganoff or Turkey/Swiss Cheese</p>	<p>6</p> <p>8:45 FTD Grocery Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Sweet Potato Fish Filet or Vegetarian</p>
<p>9</p> <p>9:00 Walmart 9:15 Zumba 11:00 Yoga 12:00 Lunch 1:00 Woburn Mall, Target, Kohl's 1:00 Cribbage 1:30 Forever 49 - Tai Chi 6:30 COA Spinach and red pepper frittata or Rst/ Beef/Provolone Cheese Salad</p>	<p>10</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:00 Fuel Assistance-Town Hall 9:30 Art Lessons 10:30 Body & Brain Flexibility 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan Lentil Stew or Curry Chicken Salad Sandwich</p>	<p>11</p> <p>8:45 Neighborhood Grocery Shopping 9:15 Zumba 9:30 Klickity Klack 10:00 Low Vision 10:00 Billiards 10:00 Computers w/John 12:00 Lunch 1:00 Downtown Errands, Library, Grocery Shopping 1:30 Parkinson Support and Forever 49 - Tai Chi 3:00 Games Games Games American Chop Suey or Seafood Salad Sandwich</p>	<p>12</p> <p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 10:15 Reiki 12:00 Lunch 12:30 MAH JONGG 1:00 Movie 1:00 Computers w/Ethan Baked Chicken or Mediterranean tortellini salad</p>	<p>13</p> <p>8:45 FTD Grocery Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 1:15 Representative Jones Salmon Filet or Egg Salad Sandwich</p>
<p>16</p> <p>9:00 Downtown Errands, Library 9:15 Zumba 9:30 Hairdresser 11:00 Yoga 12:00 Lunch 1:00 Walmart 1:00 Cribbage 1:00 Diabetic Shoe Clinic 1:30 Forever 49 - Tai Chi Chicken w/ Italian Sauce or Ham/Swiss Cheese</p>	<p>17</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:30 Body & Brain Flexibility 12:00 St. Pat's Day Special Lunch 1:15 Bingo (later start) 1:00 Computers w/Ethan 6:00 Caregiver Support Group Corn Beef Stew or Turkey/Swiss Cheese Sandwich</p>	<p>18</p> <p>8:45 Neighborhood Grocery Shopping 9:15 Zumba 9:30 Klickity Klack 10:00 Computers w/John 10:00 Billiards 12:00 Lunch 1:30 Podiatrist 1:30 Forever 49 - Tai Chi Potato Fish Filet or BBQ Chicken</p>	<p>19</p> <p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:00 Chair Massage 12:00 Lunch 12:30 MAH JONGG 1:00 Movie Book Club 1:00 Computers w/Ethan Chicken Meatball Sub or Egg Salad Sandwich</p>	<p>20</p> <p>8:45 FTD Grocery Shopping 9:00 BEST 10:00 Painting 10:00 SHINE 10:15 Blood Pressure 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 Senator Lewis Mac & Cheese or Seafood Salad</p>
<p>23</p> <p>9:00 Walmart 9:15 Zumba 11:00 Yoga 12:00 Birthday Lunch 1:00 Cribbage 1:00 Woburn Mall, Target, Kohl's 1:30 Forever 49 - Tai Chi Stuffed Pepper or Turkey Deluxe</p>	<p>24</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Hearing Tests 10:30 Body & Brain Flexibility 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan Cranberry Chicken or Rst Beef/American Cheese</p>	<p>25</p> <p>8:45 Neighborhood Grocery Shopping 9:15 Zumba 9:30 Klickity Klack 10:00 Computers w/John 10:00 Billiards 12:00 Lunch 1:00 Downtown Errands, Library, Grocery Shopping 1:30 Forever 49 - Tai Chi Roast Turkey or Chef Salad</p>	<p>26</p> <p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music Chair Massage 12:00 Lunch & Learn 12:30 MAH JONGG 1:00 Walmart 1:00 Computers w/Ethan Seafood Alfredo or California Chicken Salad</p>	<p>27</p> <p>8:45 FTD Grocery Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Stuffed Shells or Tuna Salad Sand-</p>
<p>30</p> <p>9:00 Downtown Errands, Library 9:15 Zumba 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:00 Woburn Mall, Target, Kohl's 1:30 Forever 49 - Tai Chi Chicken Lo Mein or Seafood Salad Sandwich</p>	<p>31</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:30 Body & Brain Flexibility 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan Meatloaf or Turkey Deluxe</p>		<p>ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner Drive Everything in Bold Transportation is available</p>	<p>IMPORTANT VAN INFORMATION PLEASE READ These are destination arrival times. Please be ready 30 minutes - 1 hour prior to the time listed.</p>



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On the Go!

Van transportation is a free service to Reading seniors and disabled residents. Our goal is to provide safe, efficient and friendly service. Reservations should be made 24 hours in advance by calling the Receptionist at the Pleasant Street Center (781) 942-6794. The times listed below are expected time of arrival at the destination. Please be ready 45 minutes prior to the time stated (for example if the shopping time is 9:30 you should be ready by 8:45).

Woburn Mall, Target or Kohl's for everyone

Monday, March 9, 1:00 – 2:30

Monday, March 23, 1:00 – 2:30

Monday, March 30, 1:00 – 2:30

Wal-Mart for everyone

Thursday, March 5, 1:00 - 2:30

Monday, March, 9, 9:00 – 10:30

Monday, March, 16, 1:00 – 2:30

Monday, March 23, 9:00 - 10:30

Thursday, March, 26, 1:00 – 2:30

Downtown Errands, Grocery Shopping (Stop & Shop or Market Basket) or Library for everyone

Monday, March 16, 9:00 – 10:15

Monday, March 30, 9:00 - 10:15

Wednesday, March 4, 1:00 – 2:30

Wednesday, March 11, 1:00 - 2:30

Wednesday, March 25, 1:00 - 2:30

Burbank YMCA for everyone -

All Tuesdays and Thursdays from 8:30 – 10:30

Podiatrist at The Pleasant St. Center

March, 18 Van transportation for appointments made between 1:30 – 3:00.

Stop & Shop or Market Basket:

Neighborhood Shopping Weds., 8:45 – 10:00

Cedar Glen Shopping Thursdays, 8:45 – 10:00

Tannerville Shopping Fridays, 8:45 – 10:00

*There is **no** van service on March, 2 (1st Monday in March)*

As a courtesy to others, please refrain from the use of colognes and perfumes when riding on the van. It has been known to cause an allergic reaction for some passengers. Thank you for your cooperation.

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LOOKING AHEAD

My Life, My Health Diabetes Self-Management - Tuesdays, April 14 – May 19, 6 weeks from 10:00 – 12:00 This workshop is for adults with pre diabetes or diabetes. It teaches techniques for dealing with issues like stress management, fatigue, pain, depression, anger, avoiding complications, and appropriate use of medications, healthy eating and working effectively with healthcare providers. Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. **REGISTRATION REQUIRED a minimum of 8 people maximum of 15 are required to hold the class. Please register by Tuesday, April 7.**

HEALTH SCREENINGS

Podiatry Clinic, Wed., Mar. 18, 1:30 – 4:30
Call (617) 629-2806 for an appointment with Dr. Carl Conui. Please say this is an appointment at the Pleasant Street Center. Bring your insurance card or cost is \$40. Most insurances cover this service every 9 weeks.

Blood Pressure -Mon. Mar. 2 - 11:30 - 12:15 Sponsored by Hallmark Health

Blood Pressure Fri., Mar. 20 - 10:15 – 10:45 Sponsored by Rite Aid

LIBRARY HAPPENINGS

Live Wires Presents: *The Family Business with Boston P.I. John DiNatale*, Tue, Mar 17, 7:00 pm at the **Pleasant Street Center**. John DiNatale will be on hand to discuss his memoir, *The Family Business* which tells the story one of the oldest privately owned detective agencies in Massachusetts, the DiNatale Detective Agency, founded by John's father Phillip DiNatale, a former Boston police detective, one of four investigators tasked with catching the Boston Strangler. Join us to hear about some of the most intriguing cases this family team has worked on over the past forty years – from cheating husbands and wives, to the theft of a Stradivarius violin and a Louis the XIV desk. Book sale and signing to follow.

Community Technology Workshop: Facebook for Personal Use Wed, Mar 11, 7:00 at Reading Memorial High School, 64 Oakland Rd. Learn the basics of the number one social media site; create a profile, select privacy settings, add and add friends. Call the Library to register: 781-942-6703

QUESTIONS/CONCERNS?

Council on Aging: Mon., Mar.. 9, 6:30 – 8:00 pm. Pleasant Street Center.

Board of Selectmen Office Hours: Tuesday, Mar. 10 - 6:30 - 7:00 - Town Hall

Representative Brad Jones: Fri., Mar. 13., 1:15 – 2:15

Senator Jason Lewis: Fri., Mar. 20 - 2:30 – 3:30

Congressman Seth Moulton

17 Peabody Square
Peabody, MA 01960
Phone: (978) 531-1669
Fax: (978) 531-1996

Information relating to legislative issues call Sally Hoyt, Senate President, (781) 944-1191.

SENIOR GROUPS

Low Vision Group, – Wed., March 11, 10:00, Lt. Mark Dwyer, Coordinator "SENIOR SAFE", Fire Department.

Alzheimer's Dementia Caregiver Support Group: Mar. 3 & 17, 6:00 . Register by contacting Social Worker, Melissa Koster, 781-942-6680 or mkoster@ci.reading.ma.us.

Parkinson's Disease Support Group: Meets 2nd Wed, Mar. 11 - 1:30 to 3:00 pm - led by Greater Medford VNA

The Not Too Stuffy Book Group: Thurs., Mar. 19, 1:00-2:00 *The Shoemaker's Wife* by Adriana Trigiani
The majestic and haunting beauty of the Italian Alps is the setting of the first meeting of Enza, and Ciro. At the turn of the last century, when Ciro catches the local priest in a scandal, he is sent to hide in America as an apprentice to a shoemaker. Soon, Enza's family faces disaster and she, too, is forced to go to America with her father. These star-crossed lovers meet and separate, until, the power of their love changes both of their lives forever. Books are available to borrow at the Library or the Center.

AARP TAX ASSISTANCE

Free Income Tax Preparation w/Electronic Filing
for Reading Seniors (60+):

Walk-ins on Saturdays, to April 11, 9:00 – 1:00
Reading Municipal Light Dept.
230 Ash Street
(first come first served)

**Assistance available by appointment on
Thursdays 9:00 - 1:00 until April 9**
Please call Ann Gentile at (781) 942-6608.

If you have mutual funds, dividends, stock sales please wait until March to meet. This ensures all your documents have arrived. Make sure to bring the following forms: W-2, Social Security, pension, property tax & water bills, forms sent by banks and financial institutions, copies of your 2012 tax forms, health insurance cards, Form MA 1099-HC.

Oriental Sweet and Sour Vegetables

Oriental Sweet and Sour Vegetables

Yield: 6 servings

Ingredients

- 1 tablespoon honey
- 1 tablespoon lemon juice
- 1 teaspoon light soy sauce
- 1/4 teaspoon ginger
- 1 cup pineapple or orange juice
- 1 tablespoon cornstarch (for thickness)
- 2 teaspoons oil
- 1 pound frozen stir-fry vegetables (bag)

Preparation:

1. Combine all ingredients except vegetables into bowl, mix and set aside.
2. Heat 2 teaspoons of oil in skillet and add frozen vegetables. Cook for 3-4 minutes or until vegetables are crisp-tender.
3. Add sweet and sour sauce and cook for another 2 minutes or until mixture comes to a boil.

Serve immediately. This dish is great over pasta or brown rice.

READING ELDER SERVICES
16 LOWELL STREET
Reading, MA 01867

Pleasantries
Reading Senior Newsletter

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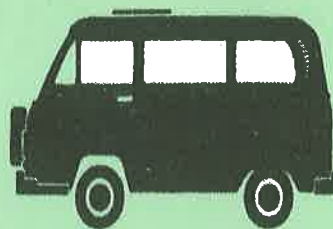
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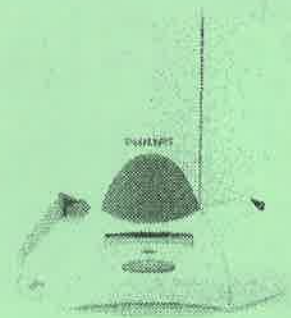
You can obtain a copy of the *Pleasantries* at several locations around town or via email at www.readingma.gov.
If you would like to be removed from the mailing list and/or sign up to receive it via email, please call Ann at 781-942-6608.



Lifeline Button



Medical Transportation



Medication Management

Reading Response Program

The Reading Response Program is designed to assist in meeting health needs of the residents of Reading. The program is offered and funded by the Town of Reading's Hospital Trust Funds and is administered by Hallmark Health Visiting Nurse Association and Hospice.

The Program may provide needed health services or complement existing services on a no cost basis if the resident meets eligibility requirements.

Reading residents of all are eligible to receive the following services:

- ◆ Lifeline Emergency Response System
- ◆ *Lifeline Medication Management System
- ◆ *Home Care Aide Escort (HCA escort will travel to medical procedures with prior approval)
- ◆ Taxi or Chair Car Transportation for medical appointments throughout the Boston Area (*Contact Reading Elder Services for transportation at 781-942-6659*)

Those whose income exceeds guidelines are subject to a co-pay.

* New to the program

**Anyone may contact us....you,
your family, your physician.**

**Please call us at
(781) 338-7800**

▶ ▶ ▶ Reading Response Program
c/o Hallmark Health

Visiting Nurse Association and Hospice, Inc.
178 Savin Street, Suite 300
Malden, MA 02148
(781) 338-7800



Glaucoma Awareness:

Protecting Your Vision

Please join us for a “Lunch and Learn” program
for families and friends presented by

Ambika Hoguet, M.D.

*Learn about glaucoma detection and
treatment.*

Thursday, March 26, 2015

12:00 p.m. – Lunch*

12:30 p.m. – Learn

Dr. Hoguet is an attending physician at the
Massachusetts Eye and Ear Infirmary, specializing in
glaucoma and cataract surgery, and an instructor of
ophthalmology for Harvard Medical School.

Pleasant Street Center

49 Pleasant Street

Reading, MA

781-942-6794

**Reservations required for lunch*